

# FIFE YOUNG CARERS

Impact Report  
2021-2022



Thank you to all the young carers and young  
adult carers who contributed  
comments, quotes, and drawings for this report  
and allowed us to share their stories.

*Welcome* to the Fife Young Carers Impact Report covering the year ending March 2022 and thank you for taking the time to read it.

Once again it has been a very challenging year for the charity in supporting some of the most vulnerable people in Fife. I am proud to say that the team at Fife Young Carers have risen to the task enthusiastically – as you will see from reading this report.

As with all charities funding is the recurring issue. I would like to take this opportunity to thank our funders for recognising our young carers are facing even more difficult times. Our funders have recognised this and the extra funding we have received as a result has been gratefully appreciated and usefully used to support and help them deal with these extra burdens.

There is no doubt the forthcoming year, with the cost of living crisis, will make our young carers lives more of a struggle I am confident we have the right team at Fife Young Carers to help them.

So, a special thanks to the team at Fife Young Carers for all their commitment and hard work in making the charity as highly effective and respected as it is.

Finally, I would like to thank the Trustees of Fife Young Carers for their support over the last 12 months, I am proud to say we have a wide range of knowledge and experience on the Board to keep me on the straight and narrow!

In my Report in last years Impact Report I said I would be standing down at the AGM, having carefully considered this decision I made a U turn!

I am therefore looking forward to serving as Convenor for another year which looks to be one of the most challenging and exciting in the history of Fife Young Carers.

Trustees during the 2021/22 year:

Michaela Sullivan  
Corinna Robertson  
Caroline Mackie  
Emma Bousie  
Alan Ingram  
Rebecca Simpson  
Rita Keyte

We are always looking for more Trustees, so if you like the work we do and you feel you could make a contribution email me at [convenor@fifeyoungcarers.co.uk](mailto:convenor@fifeyoungcarers.co.uk)

*Dave*

Dave Harrold  
Convenor  
March 2022



**I am excited to present this year's Impact Report detailing the wonderful work carried out by Fife Young Carers in 2021-22.**

**As always, I would like to extend my thanks to a dedicated staff team, sessional staff, volunteers and Trustees who have worked together to deliver a high standard of support to young carers and young adult carers across Fife.**

**This year has seen our Team grow again and we now have three Service Managers to ensure effective support to the staff and volunteers. Jodie Burn has been a Service Manager with us since 2020 and she has been joined by Rebecca Mellon and Allison Logan, both of whom have worked with Fife Young Carers for several years before being promoted. Jodie manages a team of education workers which has expanded to three full time workers, our befriending and resource and development team; Rebecca manages our under 18s team and our new family wellbeing service; Allison manages our over 16 team and our advocacy service.**

**A decision was made early in this financial year to remove our lower age group for referrals, and we now work with children and young people up to the age of 25.**

**This year we have run a successful pilot counselling project in partnership with Relationship Scotland allowing us to refer 35 young carers to a counsellor where they have been able to explore anxieties and worries in a safe way. The success of this project has allowed us to secure funding which will ensure the continuation of this service during 2022.**

**Towards the end of this period, we started another pilot project, Peer Education. We have brought together a group of young people who will work together and with other young carers in-service on a project of their choosing. I am looking forward to seeing what they might achieve.**

**At the end of 2022 we have 686 young and young adult carers that we are supporting; with us receiving 236 new referrals during this year. This substantial increase in numbers of children and young people we are supporting highlights the continued need for specialised young and young adult carers support. To meet this large increase in demand for our service we have increased our hours and staffing in both the under and over 16s services and will be employing another advocacy worker in due course.**

**Due to lock-down and concerns about spreading Covid we were only able to provide one residential which was a 7-Habits trip for some of the over 16 young adult carers. For those under 16 we instead provided some exciting days out and visits including trips to Edinburgh Zoo, sports days at Lochore Meadows, East Links Family Park, Cairney Fruit Farm, East Wemyss Caves and much more which I'm sure you'll read more about later in this report.**

**In addition to offering advice, advocacy, befriending, Young Carers Statements and training to those who have significant caring responsibilities, we have continued our commitment to increase the awareness of young carer and young adult carers issues, to support and encourage identification of their needs and support the development of resources to meet those needs. We have continued to offer the successful Young Carers Authorisation Card scheme within Fife allowing young carers and young adult carers to identify themselves to professionals, whether in education, health or in other settings, and be respected for the role and responsibilities they have in supporting their cared-for person. The card has continued to allow young carers to access free travel across Fife with thanks for this to Stagecoach and Moffat and Williamson.**

**Our young carers participation group, Voices of Change continued to meet throughout the year and finished a poster project in March with Children's Forces Scotland.**

**Thank you again to everyone who has made year so successful and enabled us to continue to grow and serve our community of young and young adult carers. We look forward to continuing our work in 2022-23.**

*Kirstie*

**Kirstie Howell, Chief Executive Officer**



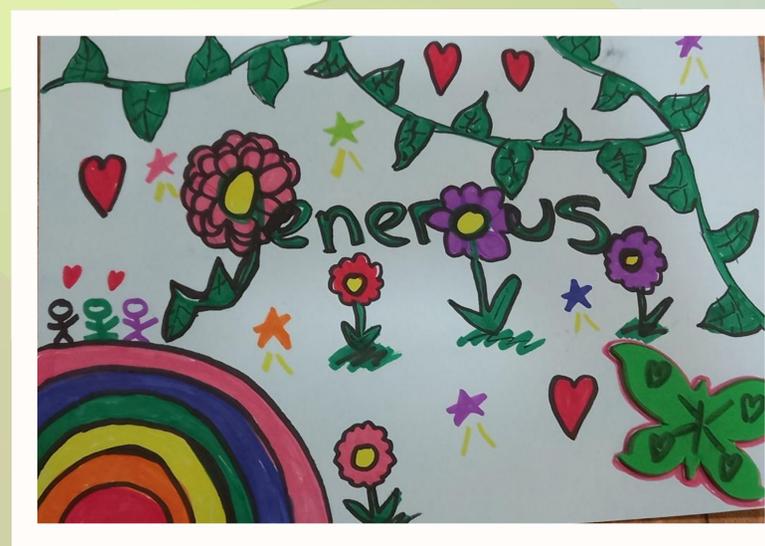
# 2021-22

- Alexander Moncur Trust
- Arnold Clark Community Fund
- Arsenal Scotland Supporters Club
- Carers Trust
- Cash for Kids
- Charity Collection Tin
- Children In Need
- Christina Mary Hendrie Trust
- Crossroads
- Cruden Foundation
- David Family Foundation
- Douglas Heath Eves Charitable Trust
- Dr Guthrie Association
- Dunfermline Amateur Swimming Club
- East Neuk Trinity Church linked with St Monans
- Education and Children's Services - Fife Council
- Elie Friday Book Club
- Exxonmobil Chemical Limited
- FEAT
- Fife & Kinross Order of the Eastern Star
- Fife Contemporary Arts
- Fife Council
- Anti-Poverty North East Fife
- Anti-Poverty South West Fife
- Fife TSB Banks
- Fife Voluntary Action/Scottish Government: Communities Mental Health and Wellbeing Fund
- Foundation Scotland from The Cervus Trust
- George McLean's Trust
- Harapan Trust
- HDH Wills 1965 Charitable Trust
- Health and Social Care Partnership
- Hugh Fraser Foundation
- Hugh Stenhouse Foundation
- Just Giving Public Donations
- Kayleigh Graham
- KPE4 Charitable Trust
- Leathersellers
- Leng Charitable Trust
- Lochgelly & Bernarty St Serf's Parish Church
- Miss A M Pilkington Charitable Trust
- Miss ME Swinton Paterson's Charitable Trust

- Nagle Family Foundation
- New Park Educational Trust
- Nimar Charitable Trust
- Order of the Eastern Star Kirkcaldy Chapter
- Public Donations
- Pump House Trust
- Q Charitable Trust
- Rotary Club of St Andrews
- Santa Barbara Heights Charitable Trust
- Shared Cared Scotland
- St Adnrews Kilrymount Rotary Club
- St Andrews Community Trust
- St Philips School
- Tay Charitable Trust
- Tayfield Foundation
- Tesco Express Aberdour Road
- The Basil Death Trust
- The Big Lottery
- The Casey Trust
- The Coop Community Fund
- The Cordis Charitable Trust
- The Cray Trust
- The David Dutton Foundation
- The Edward Gostling Foundation
- The Ettrick Charitable Trust



- The Gannochy Trust
- The Iron Brigde Trust
- The James Inglis Testamentary Trust
- The John Scott Charitable Trust
- The Johnston Smillie Charitable Trust
- The Mary Brown Memorial Trust
- The Mbili Charitable Trust
- The Meikle Foundation
- The Nineveh Trust
- The Old Hurst Trust
- The Pat Newman Memorial Trust
- The Pilot Trust
- The Robertson Trust
- The Rotary Club of Kirkcaldy
- The Saturday Hospital Fund
- The Sir Jules Thorn Charitable Trust
- The Vardy Foundation
- The W M Mann Foundation
- Tropic Skin Care
- Ward Family Charitable Trust
- Westwood Charitable Trust
- WM Sword Charitable Trust
- Woodside Ladies Probus Club
- Youth 1st



# Young Carers and Young Adult Carers information

We received 236 referrals for support.

This is a huge 80% increase in referrals compared to the previous year.

Number of referrals received by year

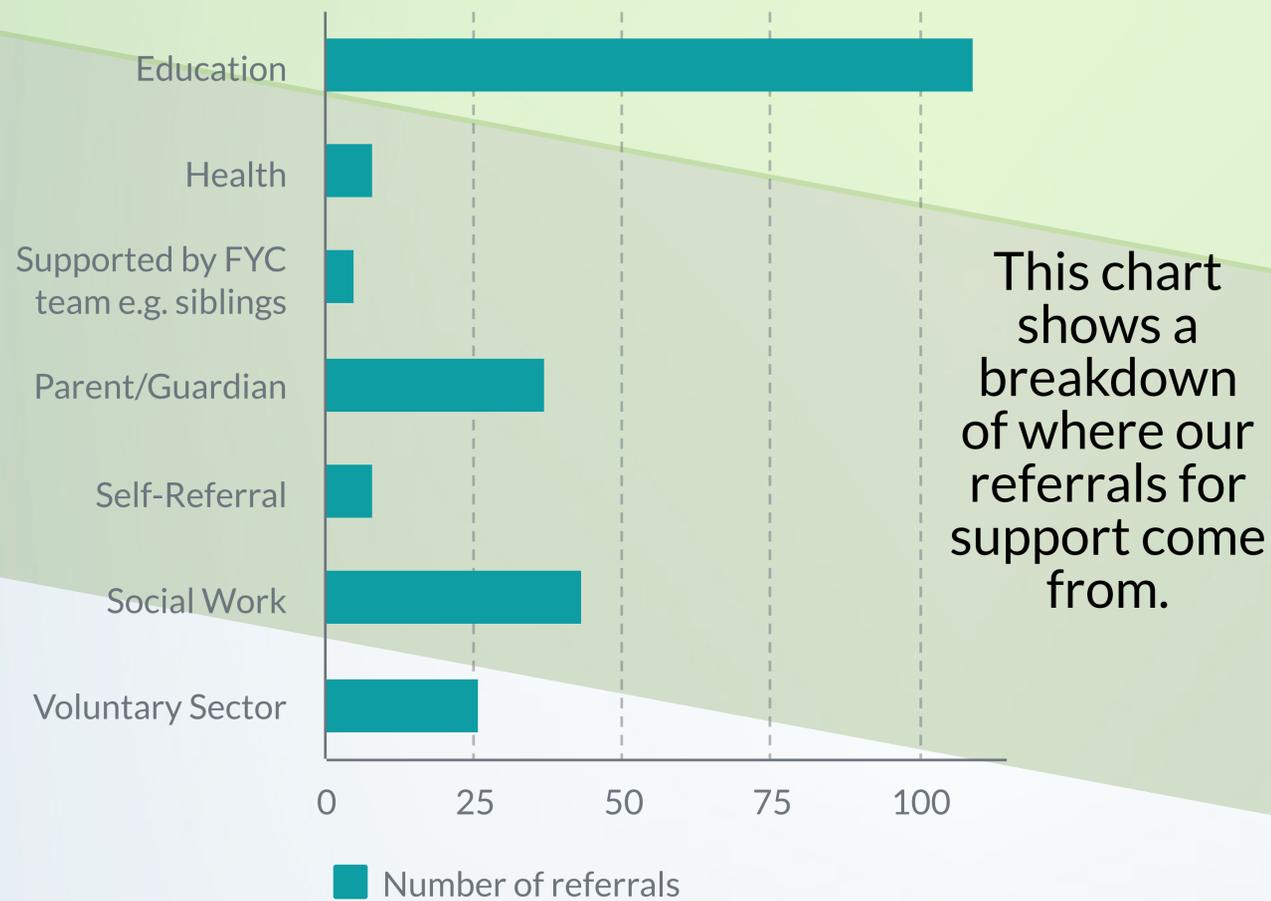
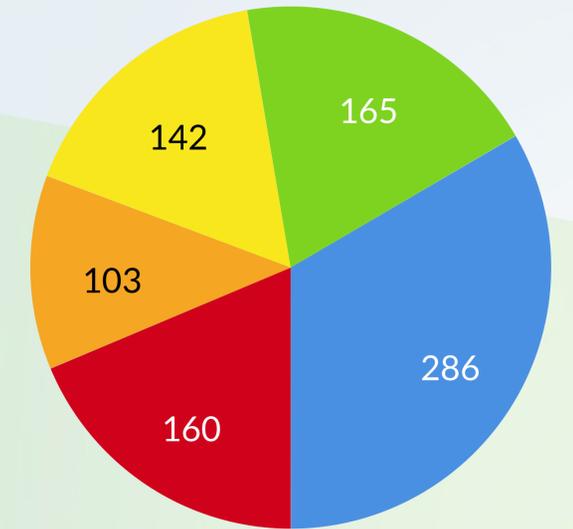


Over this year we have supported 856 young carers and young adult carers.

The chart to the right shows where the carers live across Fife.

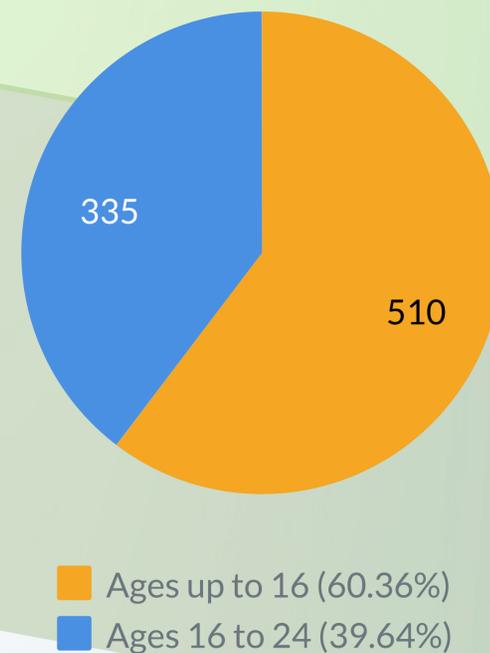
The charts below show the breakdown of who we support by age and the type of card they have.

Where our carers are from

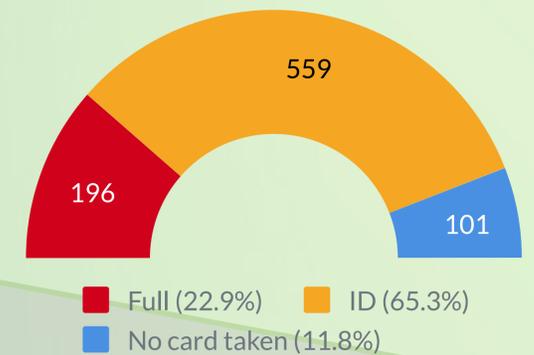


This chart shows a breakdown of where our referrals for support come from.

Ages of our carers

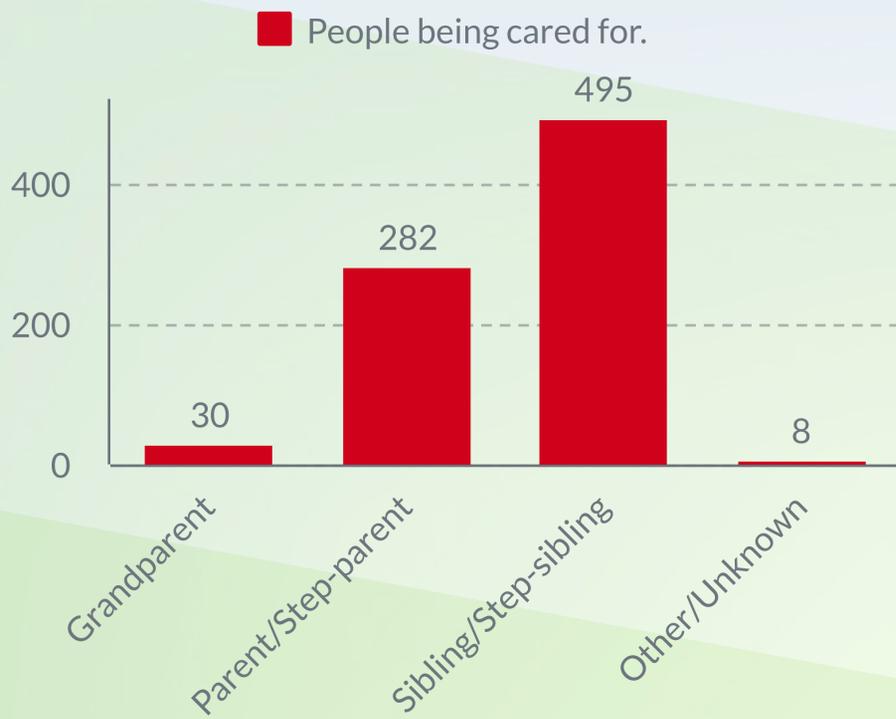


Type of Young Carers Authorisation Card



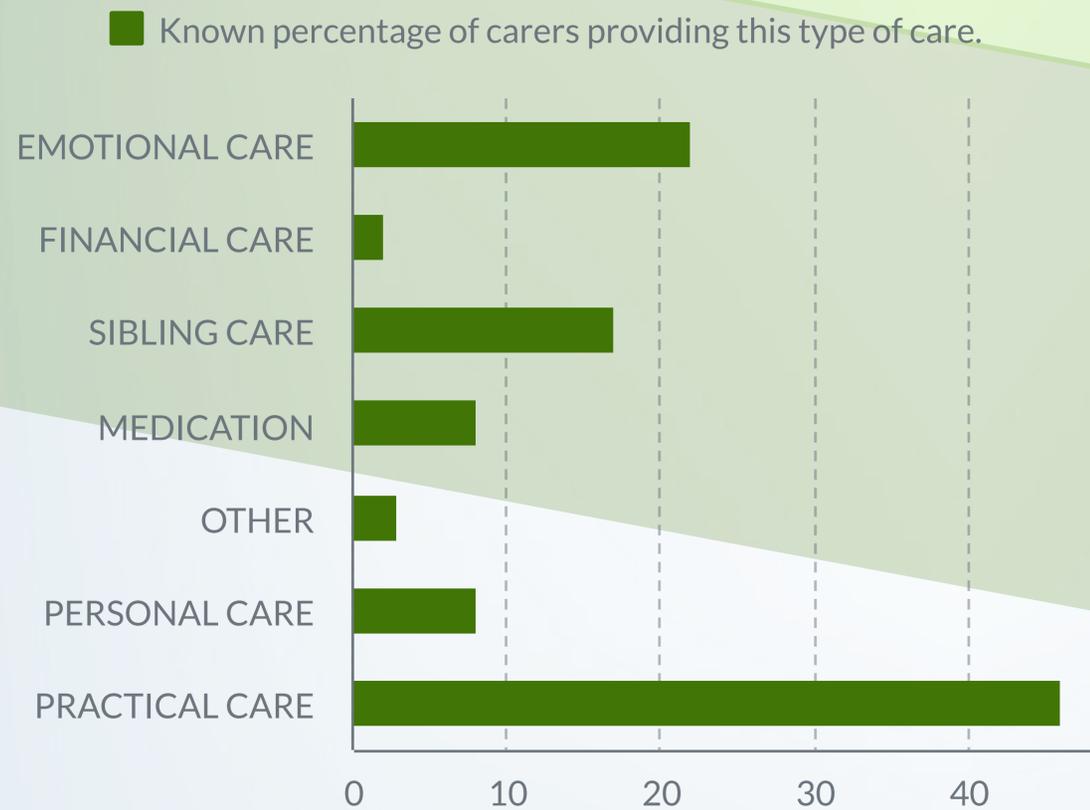
The card has two uses, one to help young carers get support in education and this is known as an ID Card. The other is to show that the person they care for has given consent to share medical information with the young carer and is known as the Full Card. This allows social workers, nurses, doctors and other health staff to have discussions with young carers about the person they look after.

# Cared-for persons information

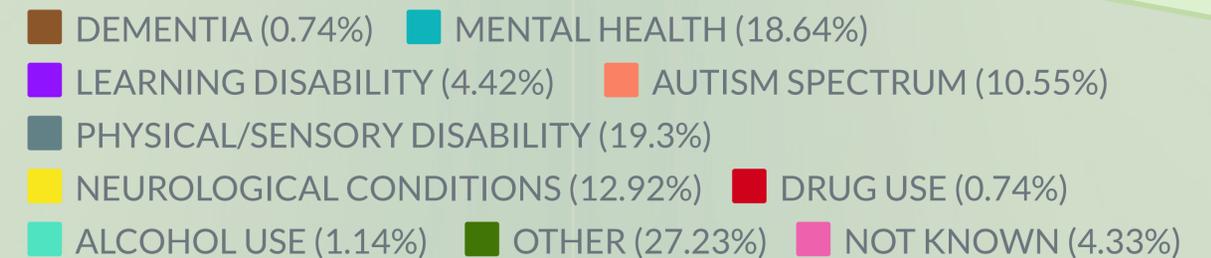
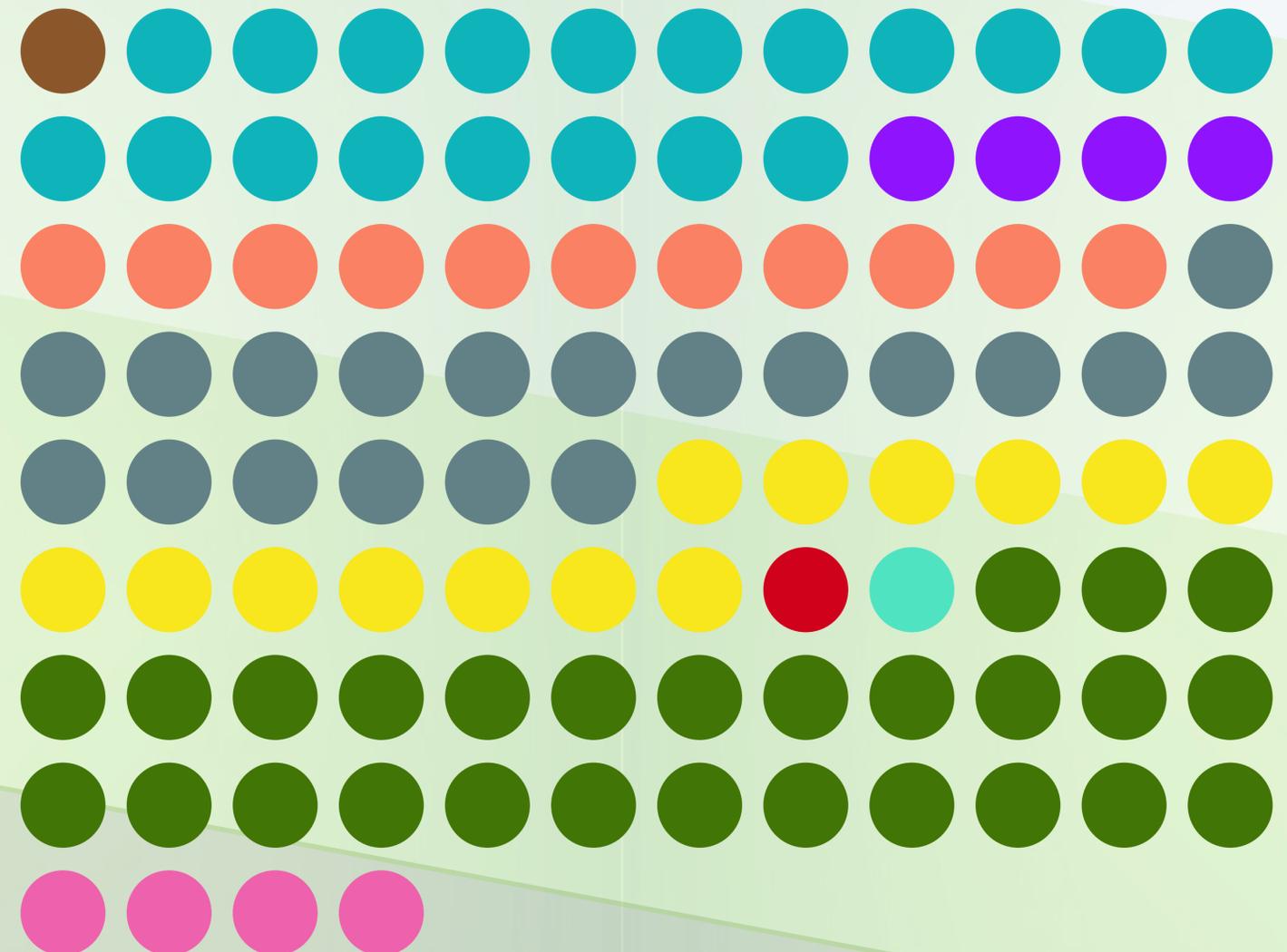


The above chart shows who the cared-for people are that the young carers and young adult carers are caring for.

The chart below shows the type of caring role young carers and young adult carers have.



## DESCRIPTION OF CARED-FOR PERSON(S) CONDITION(S)



The above chart shows the conditions the cared-for people have.

We asked young carers and young adult carers -

**"What does Fife Young Carers mean to you?"**

and this is what they said...



The next page includes multiple comments from young carers and young adult carers from the past year.

"I've learnt a lot about how my caring role works, ways of how I can be supported in school, college and anywhere and they have helped me understand that I am more than my caring role. They provide me with my young carer card which is a massive help within my caring role and helps me feel less anxious about going to pick up mums prescriptions etc without it, it helped me a lot in school when I'd need to go home or stay home and help, young carers have had a very good impact on my life and have really helped me cope with being a carer."

"I get support from group and befriending I really look forward to going, it helps me to be myself and have fun"

"Thanks you so much for all your help and support, I'm really grateful"

"I've learnt a lot about how my caring role works, ways of how I can be supported in school, college and anywhere and they have helped me understand that I am more than my caring role. They provide me with my young carer card which is a massive help within my caring role and helps me feel less anxious about going to pick up mums prescriptions etc without it, it helped me a lot in school when I'd need to go home or stay home and help, young carers have had a very good impact on my life and have really helped me cope with being a carer."

"honestly cannot thank young carers enough. Honestly you all have been amazing, you have helped me through so much and I will always appreciate your help and advice"

"It's hard to feel alone - met so many people through Fife Young Carers and know that it just takes a text message to get support if I need it."

"All I can say it I'm so glad to have my worker for support and someone to talk to. Also the help that's given to not just K but N. I've found it really good"

"I've been with young carers since I was 8 and I have always felt supported, everyone I have been supported by has listened, understood and guided me to the best of their abilities. The service has allowed me to gain valuable skills in life as well as allowing me to deal with my caring role better"

"They're fab! My support workers have always made me feel better. They always listen and give useful information and tips - not like doctors or CAMHS"

"FYC has helped me with my caring roles in so many ways, helping me to gain independence and to feel more supported and secure than I ever have. The support they give are amazing and means everything to me and I don't know where I would be without FYC support"

"I want to take this opportunity to thank you for all your help you have been fantastic thank you so much"

"I have had the best day of my life, I have always wanted to go to a zoo but my mum isn't able to take me due to her illness and she always said it was far too expensive"

"I have received amazing support over the past 4 years. I am card only but I know that my worker and FYC are there to support me if I was to need it. I wouldn't be the person I am today without the support and encouragement of my worker"

**"over the moon with the support, I love having my one to ones"**

"Thanks for coming round this morning. You made N smile and he was so much happier going back to school"

"couldn't say a bad word, received so much support from the staff. Will check in and always get back to me. R is always talking about the support she receives and how much she loves it."

"Fife young carers have definitely helped me feel supported. I feel I have a connection with my support workers and all the things I can't say/too scared to say to other people I can say to them."

"Being supported by you has changed my life as it's helped me make better choices and I know where to do if I need anyone"

"Having 1-1 support allows me time to reflect and put things into perspective. The trips are fun are fund and give some relief from responsibilities."

"I go to group it's the best"



# ROYAL VISIT

In July 2021 we were invited to meet the Duke and Duchess of Cambridge in St Andrews with Blown Away. They chatted with the young carers about being a young carer and the impact of the pandemic.



# fundraising shout out

This year we have had many donations and we are grateful for the efforts made by everyone who raises money for the work we do.



There are 11 Summits in the Ochil Range with 100 Metre prominence and they form a very tempting circuit which starts and ends in Dollar. On Sunday 26th September David Grieg ran this circuit as fast as he could. **David raised an incredible £3793 for FYC.**



Elaine ran a 1/2 marathon in an amazing 1 hour and 42 minutes. **Elaine raised a whopping £900 for FYC.**



We received a fabulous certificate from the first ever Fife Civic Recognition Awards in partnership with Fife Voluntary Action and Fife Council to say thank you for the support we provided throughout the pandemic and beyond. The certificate is supported and endorsed by the Lord Lieutenant of Fife and the Provost of Fife.

We would like to say thank you to the wonderful people who nominated us for this recognition.

# SKILLS TRAINING

In 2021 we completed a Training Needs Analysis with young carers attending Fife Young Carers Support. This shaped the resources produced and allowed support workers to see what areas of specialist knowledge to source, for example Emergency Preparedness; Emergency Plans; and Self-Esteem workshops. All of which were then delivered to improve resilience and wellbeing.

During 2021 when restrictions were eased, we were able to source and run a manual handling training for young carers who provide this type of care. This session was run with all covid-19 risk assessments in place. The trainer led the session and talked about the various physical risks of manual handling without proper education. They took the group through a range of different scenarios, all interactive with props, and engaged the group in talking about how their different caring roles may lead to them doing these tasks. Everyone took part and actively discussed their caring roles and manual handling techniques. The group expressed that this session is something they would like to further explore as it would be interesting to go more in depth (e.g. fall risks) as a next session. The six young carers who attended fed back that the session was helpful in learning how to support someone whilst keeping themselves safe and they also would recommend this to any young carer who does manual handling as part of their caring role.



# THE WAVE PROJECT

We were really excited to have the opportunity for a few Young Carers to take part in Surf Therapy with The Wave Project Scotland in St. Andrews and the young carers had a great time.

The Wave Project uses Surf Therapy as a form of therapeutic support for both mental and physical health. The team in St Andrews got in touch to say they were going to run a pilot and opened up spaces for some young carers to be referred. The young carers had the opportunity to take part in this specialised surf therapy once a week for six weeks in May and June 2021.

This feedback from a parent of a young carer who attended the sessions explains the benefit of attending this opportunity - **"Matthew went to the wave project last night. Despite tears before hand because he didn't want to go, he absolutely loved it!!!, the staff from the Wave project were incredible, welcoming and made him feel so calm"**.



Our Befriending Service has continued to grow throughout this year. We have continued to recruit volunteers to support young carers to take part in activities within their local communities.

## STEPHEN'S STORY

Stephen is a young, energetic, football enthusiast who is the main carer for his mum and has his own diagnosis of ADHD. Stephen says he is his mums 'ears' as she is deaf and has anxiety issues. When mum has an anxiety attack Stephen will help her to bed and stroke her hand and back until she calms down. Mum has found it difficult when people are wearing masks as she lip-reads, and Stephen has to accompany her for shopping and meetings to help with this. Stephen is very close to his mum and close to his grandparents who live near-by, and he enjoys having overnight stays with them. He has three older sisters who don't live at home; two of them visit regularly and help out at home. Mum feels guilty that she can't take Stephen to places where he can have fun. Initially he was given Befriending support by the Befriending Coordinator mostly playing football and walking in the local park due to COVID restrictions. Stephen was then matched with a volunteer who has introduced Stephen to many new activities, but his love is still for football. Reviews have been carried out by Befriending Coordinator after 3rd, 6th and 12th Sessions and positive feedback has always been given by both parties. Stephen is very excited about his Befriender's visits and looks forward to the 'adventures' they have. Stephen has become less anxious about taking part in new activities and is willing to take part in the Befriender's planned activity as well as suggesting ideas for activities. Stephen's scores for Physical Health and Self-esteem & Confidence remains constant on his Outcomes Star, however mum reports that she feels Stephen's confidence has grown since having a Befriending Volunteer.

Stephen said "I can't wait for my Befriender coming, I can talk to him about anything, I love going out with him."

Stephen's mum said, "he (the befriender) is brilliant, I can't thank him enough for taking Stephen out"

# BEFRIENDING SERVICE



## Parent Comments

"Thank you so much for all you've done for T, you and FYC have done wonders for her"

"Young carers have been there from the start with consistent support not only from my two young carers but for all the family especially during covid isolation, providing continued support during a very challenging time for all our family, we really do not know what we would have done without Fife young carers"

"I just wanted to say thank you so much for the zoo trip. My son had a fantastic time.. he's still rhyming off animals he saw, it's somewhere I'd have loved to take him, but my illness won't let me, so I'm delighted he experienced it. Many many thanks again"

"Thanks for helping me sort things out with Scottish Power, I can't thank you enough for your help. Also, thanks for the food bank voucher, my daughter took me to collect it and my cupboards are full"

"Today we were both saying how wonderful it was to have someone look out for us. You have taken some of the work load off us and it really helps"

# Trips and respite

When Covid-19 restrictions allowed we were able to run 37 trips and respite opportunities. These included:

- Music Therapy Workshop
- Edinburgh Zoo trips
- Cluny Clays
- Escape Rooms
- Whildshore Dundee
- Team building a Redford Barraks
- Kelpies and Stirling Castle
- East Links Farm
- Lochore Meadows
- Cairnie Fruit Farm
- Fordell Firs Activity Days
- Go Ape
- Beach Party
- Sports days at Beveridge Park
- Alpaca Farm visit
- East Wymess Caves



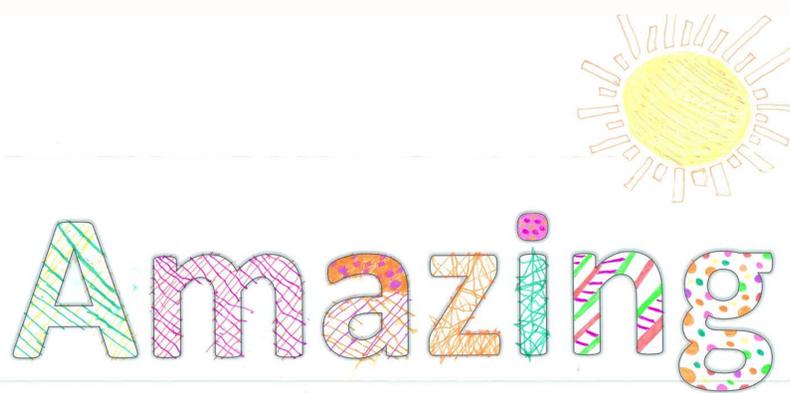
# Respite





During this year the Education Service has grown to three full-time staff. The team support young carers and young adult carers with reaching their potential in education. They provide 1:1 support, school drop-in sessions and study skill support. Additionally they provide class talks, assemblies and training for education staff.

The team have reached 111 professionals through training sessions The feedback was very positive - "Session was very helpful and gave us ideas of how to support our YCs in school. We are looking to set up support drop-in sessions, after this session" "Very informative session, thanks guys." They have reached 1572 high school pupils and 917 primary school pupils across 75 sessions in Fife Schools.



## GEORGE'S STORY



# EDUCATION SERVICE

George is 17 and lives at home and cares for his dad who is a single parent, mum stays local to them. George is achieving very highly at school and has a good chance of receiving an offer from St. Andrews University and had an interview with a Medical School in December. During his recent review, which was his first with a new education worker, George revealed he has been suffering from low and depressive moods. He also said his dad is an alcoholic as well which makes him angry and upset. George admitted he had not always been truthful at reviews over the years regarding how he felt about his self-esteem and low mood. He stated that he wanted help but didn't think it would make much difference. The education worker talked through some different support options including signposting and contacting relevant counselling services and 1:1 support to talk about his caring role in a safe space. George agreed to this, and the education worker did some research and supported George with arranging a counselling service. George feels supported by us as a service and appreciated the help in arranging the call to DAPL. He also liked the idea of the 1:1 support which started in January 2022. We used the outcome star in the initial review where George scored 1 and 2 on a couple of the aspects, which was a concern. This provided the chance to talk about why the score was a 1 or 2 and we discussed ways we could improve and support him. George said, "Thank you, really appreciate the help."

# Group and 1:1 Support

This year we have continued to provide 1:1 and group support to young carers and young adult carers.

Group Work is provided fortnightly, improving and enhancing young carer lives through group work and support offered, increasing inclusion and interaction with peers, which can be difficult due to their home life and caring responsibilities. Group activities have included things like - planting; Easter fun, Christmas parties; Halloween games;

1:1 support is tailored to the needs on the individual but sessions can cover lots of different topics such as crisis intervention; support around their caring role; coping skills; confidence and resilience building; and anger management amongst others.



## ELLIE'S STORY

Ellie, aged 16, was referred to FYC in January 2021, she cares for her 2 younger siblings. Ellie's initial assessment was completed virtually due to restrictions in place and the time of year didn't make it practical to meet in an outdoor space. During the assessment Ellie was very emotional, often unable to talk but stating she would like to continue with the assessment. Conversations that took place during the assessment highlighted Ellie was very emotional due to anxiety and lack of confidence when meeting new people, this was heightened by meeting via video call. During the assessment it became clear Ellie, although a secondary carer, has a very high caring role for her siblings due to her parents working long hours, this results in Ellie providing a lot of care and support to her siblings, often putting her own needs and education to the side to focus on her brothers, Ellie openly stated she often misses school to help look after one of her brothers and allow her parents to work, she felt she couldn't talk to anyone about any of her worries.

Ellie was invited to attend fortnightly group support, to provide her with a regular break from her caring role and allow her to meet other young carers who are experiencing similar issues, as well as 1:1 support to provide a safe space to talk with a trusted adult and help to lessen some anxieties and build her confidence. Initially Ellie did not attend any group sessions due to anxiety.

Through regular 1:1 support Ellie started to feel more confident about herself and feel less anxious, in November 2021 Ellie attended her first group session, she was anxious at this but was reassured by the support worker and given extra support throughout the group. By the end of the group Ellie had formed a friendship with another young carer and they enjoyed each other's company. Ellie has attended group on a regular basis since November, she is growing in confidence and continues to build friendships when at group, in such a short space of time Ellie has become a young carer that others look to for guidance during a group session. Ellie reports she feels less anxious and more confident, she feels this has been down to the 1:1 and group sessions provided by Fife Young Carers.

# VOICES OF CHANGE



The young carers participatory group, Voices of Change, continued to meet virtually and in person. They have worked together on updating their Terms of Reference and promoting the opportunity to join the group. They worked on a presentation for the GP clusters and prepared for a virtual health event which was cancelled due to Covid-19. The group continue to have a voice in recruitment of new Fife Young Carers staff members and have representation at the Fife Young Carers Board of Trustees.

For the Young Carers Action Day and the Carers Week in June 2021 the Voices of Change group worked on an online campaign of information sharing and professional networking opportunities. At these events discussions took place surrounding multi agency working, Young Carers Statements and the Fife Young Carers referral pathway. There were discussions from the professionals attending around conditions such as gambling addictions and how children and young people at home may be impacted by this. Another attendee was a contact from St Andrews University and was very open to partnership working and potential projects for the future.

The group worked with NHS Fife and the Young Carers Persona that they created will now be in the NHS Fife Strategy. The group have started working in partnership with Forces Children Scotland developing a campaign of publicity to raise awareness to help young carers in forces families, including serving, reservist and veterans, to access support.

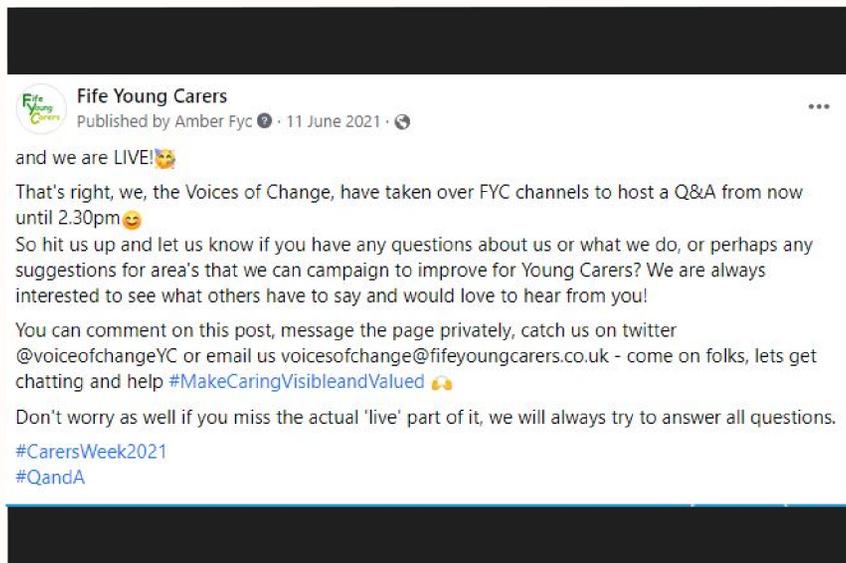
The group won the Volunteer Group of the Year award at the recent 2021 Kingdom FM awards. The group were nominated due to the time and effort they put into supporting young carers voices being heard, their impact on carers support in Fife and their dedication to reduce the stigma surrounding being a young carer.

Alongside the worker the group were invited to run a session at an UNCRC event, 'Making Children's Rights Real across Scotland,' organised by the Supporting the Third Sector Project in partnership with the TSI Children's Services Network. In this event we showcased how Children's Rights and voices are represented in and by Fife Young Carers in both our service and more widely across Fife including how we engage with the local young carers strategy.

The Voices of Change Participation Group pushes you out your comfort zone, makes you more confident and helps you get the voices of young carers heard.

## Are you interested in joining us?

If you are a young carer or young adult carer, aged 14+ and attend FYC get in touch on [voices@fifeyoungcarers.co.uk](mailto:voices@fifeyoungcarers.co.uk)



'A Young Carer' drawn by a young carer aged 13

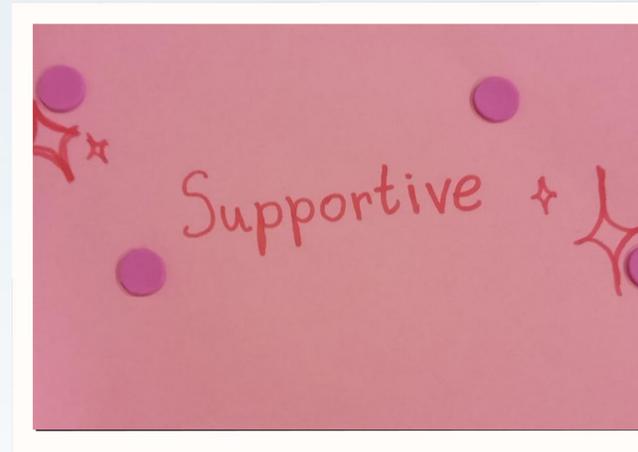


## Words from a Voices group member

I first noticed that my family was "different" in 2014 when my teachers would ask everyone what they did on the weekend my friends would respond by saying "mummy daddy and me went to this place this place and made this for dinner" it would get to me and I'd say " I made a lasagna and hovered the whole house then we went to the park but when we got mummy was tired so I helped her."

Fast forward 8 years and the help that FYC have given me and my sister is phenomenal. I started going to group and no longer felt different it was easy to get on with everyone who gets you.

As my role gets bigger young carers are still here including a grant they gave me so I could get a camera for some me time.



## DAVID'S STORY

David, age 19, along with his brother who is also supported by FYC, cares for his mum who has pain and mobility issues. When David began support with the Young Adult Carers service, he was unaware he was a young carer or what it really meant, after assessment and discussion he had a better understanding and realised why he was referred to the service. To begin with he was quite anxious about joining in on trips and groups etc. Through working with the service David's confidence has increased dramatically and this has been the case in other aspects of his life. When David started working with us he was unclear as to what he wanted to do in his future and lacked motivation but through working with us he has applied for jobs, started further education and is planning to go to University. David has worked on his CV, looked at job applications and has discussed his future with the Young Adult Carer worker. In a recent evaluation he wrote:

*'Being part of the young carers has helped me develop a lot of new skills and qualities that I have recognized in myself. The support I have been given has helped me find out what I want from life and how I can get it. Before taking part in Young Carers group activities and support I was not a very confident person and was afraid to speak about anything that came across my mind, I didn't know how to manage the stress at home and school and a lot of aspects of my life were a mess. The personal support I have received through one to ones has helped me work through big decisions in my life and has equipped me with the knowledge on how to work through those decisions. It has helped me deal with things at home that were troubling me both physically and emotionally. Since this support, I am in the best position I've ever been in. The social activities have helped me develop more social skills that I had very little of beforehand. I was incapable of talking to new people and was insecure about how people felt towards me but now I am more open to meeting new people and even look forward to it, I am more confident in myself and am more motivated to put myself out there.'*

# ADVOCACY SUPPORT

The advocacy service grew with funding during the year allowing for a full time worker to provide support to young carers and young adult carers. The Advocacy Worker has supported various cases over the last year where support has been required with things such as housing applications and appeals; DWP information, advice and appeals; managing finances and budgeting; family/friend support; parent support; education access; emergency planning; funding support; emergency food; and employability.

Engagement has been excellent, and we have been able to continue building positive relationships with external agencies, both statutory and third sector. The cases continue to be led by the young carers needs – some are crisis and immediate need and some are ongoing advocacy support.



## TESSA'S STORY

Tessa, aged 7, has a caring role for her mum and lives at home with mum and her two younger brothers. Mum had surgery in October and has been battling with increased pain since. The family have recently moved into a new property, so the advocacy worker supported mum to complete Community Care Grant and supported in applying for Aberlour Urgent Assistance Fund to buy essential items for the home. Tessa attends group fortnightly, along with having the opportunity to access respite trips. She also has 1:1 check ins with the Advocacy worker, who continues to support the family with finances and housing advice.

## ABIGAIL'S STORY

Abigail is 16 and lives at home with her mum and two brothers and has a caring role for her mum who has a mental health condition as well as a physical condition that affects her daily life. Abigail became a primary carer after her dad passed away suddenly. Abigail's caring role includes shopping, laundry, household cleaning and looking after her mum and other siblings in the family.

During a review Abigail had expressed that she was struggling with education. Abigail asked for some support with this. The advocacy worker met with Abigail to listen and then discuss some potential options and appropriate opportunities. Abigail explained that she had a difficult experience during her time at school, resulting in her leaving with very few qualifications, because of this she struggled with her confidence and self-esteem. Abigail felt that she was not heard when at school. The advocacy worker worked alongside Abigail to identify what her future hopes and aspirations were and upon gathering this information suggested a course through the 16+ team in Fife. With Abigail's consent the advocacy worker contacted the 16+ team in Fife to enquire about Abigail's enrolment in their course. This was accepted and Abigail was given a place on 16+ course to develop her personal skills as well as gaining qualifications that will support her to enter college in the future. Abigail recently gave feedback saying,

"Just thought I would update you. I'm doing great at 16+, you were so right, it fits me perfectly. It's nice having people my age that are in a similar position and adults that understand."

"Support helps me feel listened to"

"It's nice having someone fighting our corner"

"I always know I can turn to you for advice and support whenever I need it"

# Family Wellbeing Service

"I feel the help from Family Wellbeing has been extremely beneficial to my family and I hope that it can continue for as long as possible"

"Thanks so much you've really went above and beyond for me and my family and I appreciate it millions"

"Family Wellbeing is very helpful for me and A. Having them as our support is a big help. It's taken a lot of stress and worry off me and A. Also we feel comfortable and it's good to speak with her about anything. She's brilliant"

"My worker has been an absolute Godsend and really lifted my spirits. I don't normally connect with people easily but she has really helped me and I appreciate everything she has done for us. We actually call her our Fairy Godmother and I enjoy every visit with her and all the advice she gives me"

"It's the best support I have been given. My worker really understands me and I feel at ease speaking to her. Very Happy with my worker."

"Thanks again for helping with A's birthday it means so much"

This year we started a new service. Through early intervention we take a holistic view of the family situation where a young carer has an intensive caring role and challenging family situation. Our Family Wellbeing Workers will work with our families to create better outcomes for the young carer and their families.

The below case study highlights the improvement family wellbeing support is having on the life of a young carer. The young carer is no longer in a crisis where she felt she can't cope, she is now receiving regular support and feeling more positive about her caring role.

## KELLY'S STORY

Kelly, aged 11, was referred to FYC in August 2020, she is the primary carer for her mum, Joyce and helps to care for her younger sister. Due to COVID-19 engagement at the beginning was difficult, mum was hard to contact and didn't engage with Kelly's Support Worker. Kelly received group support and Befriending Support, when attending group, she was often very tired. During reviews Kelly would talk about previously having help from DAPL but would never disclose why DAPL were involved. After one of Kelly's befriending sessions Joyce reported to the Befriending Co-ordinator that she was really struggling, she explained she had had a lot of support in the past from agencies but recently everything has been stopped and she now feels alone and unable to manage due to her poor mental health. The Befriending Co-ordinator passed this information on to Kelly's Support Worker who reached out to Joyce and discussed the upcoming Family Support Service. Joyce felt this would be of great benefit to her as currently she has no support in place and is really struggling to manage on a daily basis. Joyce also disclosed Kelly had been struggling with her own mental health and stated 'she can't cope anymore' this caused a lot of concern for Joyce as she wasn't sure how she could support her with this. The family were allocated a Family Wellbeing Worker. During sessions with the Family Worker several needs were identified: poor housing conditions; financial issues including persistent debt; drug use; bereavement; pain management; benefit issues; and further support for Kelly. It was felt the Family Worker would be best to provide the support to Kelly as they would have the relationship and trust with mum. A plan was made to tackle the needs in an order agreed with the family: a referral was made to Relationship Scotland so Joyce could receive counselling to help deal with the loss of three family members; contact was made with Fife Council regarding repairs that needed completed within the family home; support was given to attend a PIP assessment; support was provided to attend the pain management clinic; and support to refer to CAMHS was provided. The Family Worker also ensured both Joyce and Kelly were able to attend any sessions with external agencies such as CAMHS, Relationship Scotland and PIP. During the period Joyce has been receiving support from our Family Wellbeing Service she has reported an improvement in her mental wellbeing and feels her home is a lot more relaxed, Kelly is engaging well with CAMHS and feels more relaxed in herself, she is no longer as stressed as she was when Joyce wasn't receiving any support, she is engaging more in school and enjoys attending out of school activities such as swimming once a week.

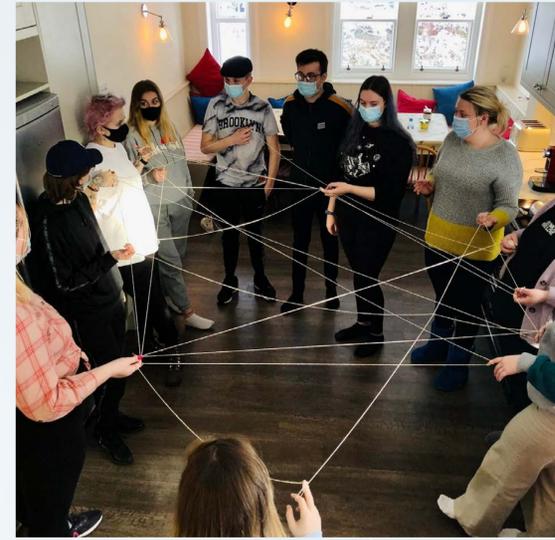
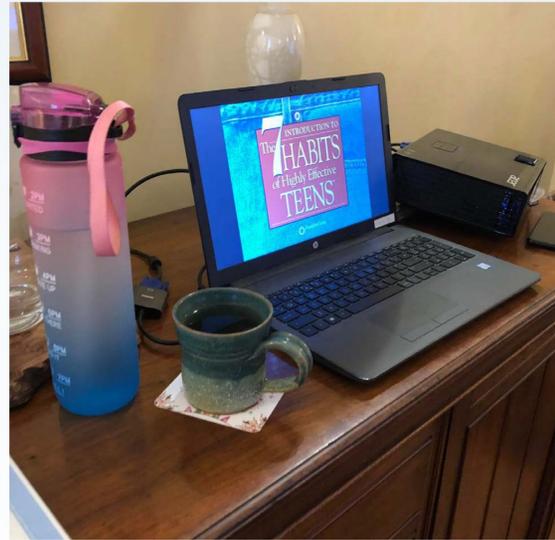
# 7-Habits Residential

In February 2022 13 Young Adult Carers took visited Cray House Estate in Glenshee for a 7 habits residential.

The young people took part in the activities learning about 7 Habits for Highly Effective People. Throughout every activity, the young carers were tasked with reflecting on what they learnt and how they could take it into the future.

On arrival the young carers had a walk around the house and explored the estate grounds, settled into their rooms and prepared for activities such as make-your-own pizza, pamper sessions and the 7-habit activities. All the young carers got involved and bonded with each other, friendships were made and all got on well. The young carers also had free time to explore the estate; play games including hide and seek, nature walks; played guitar and piano in the music room; watched the rugby and because it snowed had a massive snow ball fight.

- **1st Habit** - Be Proactive - interactive activities such as the personal bank account and Proactive vs Reactive responses.
- **2nd Habit** - Begin with End in Mind, - a creative activity creating vision boards about what they want for the future.
- **3rd Habit** - Put First things First - this was an interactive session looking at 'big vs little rocks' and how the small rocks and such can get in the way of your foundation big rocks. Supporting the carers to think about how if you take care of your big rocks, the small ones will fit around it.
- **4th Habit** - Think Win Win - looking at attitudes and equality, and how changing a competitive attitude to an equal attitude can create win win resolutions.
- **5th Habit** - Seek first to be understood and then understand - activities in genuine listening and effective and empathetic communication to take forward in the world, whatever situation they are in.
- **6th Habit** - Synergise - working as a constructive and creative cooperation using interactive activities that encouraged everyone to look at their strengths and where others could compliment these and lift them up in area's they may struggle with.
- **7th Habit** - Sharpen the Saw - working on rejuvenating and enhancing yourself. The young people worked on what they could do to renew themselves in all 4 areas of life, physical, mental, social/emotional and spiritual.



# BETTY'S STORY

Betty supports her mum who has quite severe issues with her mental health and is very dependent on her.

Betty receives one-to-one support, trips and respite opportunities when she can. Betty has done a lot of work supported by the Young Adult Carers service including visits & meetings with support staff at University prior to starting, CV building and support with food packages and referrals to services that can help her and mum. Betty was also referred to our Advocacy Service to work on a long-running tax issue with Universal Credit. Betty mostly receives one-to-ones where she gets to talk things through and ask for advice where needed and these sessions helped her decide on the university course that best suited her and helped her start to think of a life beyond caring and post education. She has also attended many of our trips which has helped her meet new people and build new relationships she wouldn't have otherwise.

*'The work I've done with the Young Adult Carers service has been invaluable in helping me cope with my caring role. One of the ways I was helped with was a visit to my university so I could have a look around and make them aware of my caring role. The main support I receive from FYC at the moment is 1:1 support, which gives me the opportunity to speak my mind and also get advice for whatever situations are happening at home at the time. I find these sessions extremely helpful. Just having someone to talk to makes a massive difference so I'm not bottling everything up. I've also gone on residential in the past and had a great time relaxing and taking my mind off of my caring role. All in all, the support provided for me aids in my daily life and my worker is fantastic being there to message any time I need anything'*



# Safe

'All Young Carers are Heroes' drawn by a young carer aged 13



## CARERS SUPPORT PLAN/REVIEW

The purpose of the Carers Support Plan is to give you as a carer the opportunity to identify the areas of your life that have been affected by your caring role; to examine how caring impacts on your ability to lead a healthy and balanced life; and to identify ways to improve your well-being and make plans for the future. The Carers Support Plan will help you to identify the information you need to be better supported in your caring role.

## Emergency Plan

Please use the details in this plan to provide emergency care for:

PERSON 1	
PERSON 2	

**ATTENTION**

There may be Young Carers in this family under the age of 16yrs. In the event of an emergency, please refer to their YOUNG CARER EMERGENCY CONTACT details should they require to be looked after by other family members or trusted adults.

## Adult Carer Support Plans

The Young Adult Carers Service offers Adult Carer Support Plans for young people over the age of 18 and/or still in education. The plan is used as a tool to explore the caring role; issues affecting this; overall wellbeing; and how valued they feel by services surrounding them. This helps us to explore support collaboratively with the Young Adult by outlining aspirations and goals, therefore enabling the young adult to think in a solution focused manner to attain the targets they have set for themselves. We continue to use these as an integral part of our work and support plans for Young Carers moving forward.

One Young Adult Carers stated, **“It makes much more sense doing this as it is less time consuming but gathers the same amount of information as other paperwork. It really feels like it is about me and my caring role”**

## Emergency Plans

The Advocacy Worker carried out initial assessment with Fred, aged 16, where it was identified that an Emergency Plan would support him in being able to access respite and lower his anxiety and worry for mum when at school or out with friends. The plan was completed with Fred and mum in attendance; they now feel more at ease having the plan and Fred is able to rest easier knowing that should an emergency arise they have a contingency plan in place.

This year we have supported 26 families with Emergency Plans. **“I feel more relaxed knowing that we have an Emergency Plan just in case”**

## Young Carer Statements

This year we have continued to raise awareness and promote Young Carer Statements. This year 68 young carers decided to take up the offer of a young carers statement. Providing Young Carers Statements has helped to highlight any additional support needs of Young Carers, these have provided Young Carers with a tool to highlight their own needs, what they would like to achieve and what would make things easier for them, they ensure their voices are heard and that the information is passed on to all professionals involved such as their guidance teachers.

Through completion of Young Carers Statements we have been able to identify further respite opportunities and liaise with other organisations to ensure the needs of Young Carers are met, for example, one Young Carer expressed a keen interest in swimming but stated she was unable to attend, the support worker sought out a local swimming club and asked for some help, in turn the swimming club offered the Young Carer a place within the club fully funded and provided a swimming kit for the Young Carer to attend, this has provided valuable weekly respite for the Young Carer, improving her mental wellbeing and physical health as well as developing new friendships.



Community Planning Strengthening Fife's Future

### Young Carers Statement

Form details:	
Worker:	Start Date:

Person's Details:	
NAME:	CHI:
DOB:	GENDER:
PARENT/GUARDIAN:	
CONTACT NUMBER:	
EMAIL:	
ADDRESS:	
ADDRESS OF PERSON I CARE FOR (if different):	
SCHOOL/COLLEGE/WORK	

Purpose of statement:
This is to help identify what is important to you and how much your caring role is having an impact. It also helps to identify your goals/outcomes and what support you need to achieve them.

# Are you interested in supporting us through volunteering?

We have various opportunities available such as being a Trustee or a Befriending Volunteer.

**Supporting Young Carers and Young Adult Carers up to age 25 across Fife**



"Having retired from a career in social care, latterly in a managerial role, involvement in FYC has offered me the opportunity to have a continuing sense of purpose, utilising the experience and skills I have gathered over the years and learning in an area a little different to that of my previous work.

My role is fulfilling and at the same time conducive to my continuing enjoyment of a relaxed happy retirement".

**If you would like more information about becoming a trustee visit [www.fifeyoungcarers.co.uk](http://www.fifeyoungcarers.co.uk)**



## Befriending Volunteer

Can you offer some time to support our Young Carers to access a fun activity by becoming a

### Befriending Volunteer or a Befriending Volunteer Driver?

Fife Young Carers believe all young and young adult carers should be recognised, supported and be given a voice to improve their outcomes and reduce the impact of their caring role.

Our team of Befriending Volunteers support young carers up to the age of 25, encouraging personal development and helping to improve their confidence. Being matched with a Befriending Volunteer has a significant effect on a young carer as they can have a break from their caring role, overcome isolation, are able to access local events, exciting activities and most of all have fun.

Befriending Volunteer Drivers enable our Young Carers to attend specific events and activities organised by the service.

All Befriending Volunteers are supported by a Befriending Coordinator who will provide Induction, Training and regular Feedback Sessions. Fife Young Carers will meet the cost of a PVG which is required for this role. All mileage and expenses will be reimbursed for Befriending Sessions.



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**SCIO CHARITY NO.  
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**hey girls...**

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